

## September 11, 2001

*The terrorist attacks on September 11, 2001 forever changed the way we live. On that day almost 3,000 people lost their lives and thousands more were injured in an attack orchestrated by an evil and determined enemy. Their intent was to demoralize the American public; to strike terror in our hearts and destroy everything that America stands for. If they had paid attention to American history, they would have realized this was not an easy task.*

*If our enemy had studied the beginnings of this great nation, they would know that we do not tolerate tyranny; that the freedoms they sought to destroy were earned by the blood and sweat of our forefathers and will not be destroyed by any act of terror. If they had been at Pearl Harbor on December 7, 1941, they would have seen American resolve first-hand, would have witnessed the swiftness and might of our retaliation, and would have thought twice about attacking us on our own soil.*

*But they were not there, and they did not count on the determination and the courage of American citizens; citizens like the firefighters and police officers who risked their lives at Ground Zero and the Pentagon, or the passengers of United Airline Flight 93 who stood up against their hijackers. They did not count on the dedication of our armed forces, who fiercely brought the fight to the enemy's door and who continue to risk their lives daily in the name of freedom.*

*So as we pause Thursday to honor the lives that were tragically taken seven years ago, reflect on the role that MCRD/WRR plays in the continuing fight in the Global War on Terror. Remember that we are the vanguards of Liberty; it is our responsibility to ensure that future generations of Americans are ready, so that the next time one of our enemies puts freedom to the test, America will stand strong and fight back just as it always has. Semper Fidelis.*

*A. Salinas*

A. SALINAS  
Brigadier General  
U.S. Marine Corps  
Commanding General



Brig. Gen. Angie Salinas, commanding general, Marine Corps Recruit Depot San Diego and Western Recruiting Region, addresses the audience during the opening ceremony of the 25th Annual Women Marines Association conference in Houston, Aug. 29. More than 200 women Marines from as early as World War II to Operation Iraqi Freedom were in attendance at this biannual convention and professional development conference. Cpl. Carrie C. Ruiz/Chevron

## Depot Marines attend 2008 WMA national convention

BY CPL. CARRIE C. RUIZ  
Chevron Staff

Hundreds of women Marines from all over the world gathered at the Westin Galleria Hotel in Houston for the 2008 Women Marines Association Conference, Aug. 28 to Sept. 3.

The WMA is a civilian non-profit veterans association comprised of women who have served or are serving honorably in the United States Marine Corps regular or reserve components. Every two years, WMA holds a national convention where members gather for a week of educational seminars, visiting with old friends, making new friends, attending banquets and business meetings and discovering what the locale has to offer.

The convention kicked off with an opening banquet where WMA greeted the Marines and Brig. Gen. Angie Salinas, commanding general, Marine Corps Recruit Depot San Diego and the Western Recruiting Region, who served as the guest speaker.

In her remarks, Brig. Gen. Salinas acknowledged all the women attending from the different eras, and said that it was great to see the old and young faces who attended to show their support for such a great organization.

"I enjoyed the opening banquet because I was reunited with some female Marines that I haven't seen for a long time," said Cpl. Micaela Gastellem, logistics, Weapons Field Training Battalion, Camp Pendleton, Calif. "We also were given the opportunity to talk to some of the female Marines

from World War II, and listen to their stories on how much the Marine Corps has changed."

During the convention, Marines attended workshops where they were educated on the Wounded Warriors Program, women's health, preparing for deployment, preventing identity theft, and Veterans Association benefits.

After the classes ended and night fell, the Marines gathered in the hotel's hospitality suite to participate in dancing, karaoke and raffles to win Marine memorabilia.

On the final day of the convention, the Marines donned their dress blues for the grand banquet where they were joined by Sgt. Maj. Carlton Kent, sergeant major of the Marine Corps, and Gen. James T. Conway, commandant of the Marine Corps, who was the guest of honor for the night.

Gen. Conway touched on some of the accomplishments that female Marines have achieved overseas, and reminded guests of how vastly the roles of women in the Marine Corps has changed and will continue to progress.

"Women have come a long way since Opha Mae Johnson enlisted," said Gen. Conway. "We have seen complete integration of women into the Marine Corps, and in my perspective they are not women Marines, they are Marines."

Gastellem said that she is looking forward to the next convention and she hopes the turnout is just as great. She said she is looking forward to sharing more of her Marine Corps experiences and further learning about women Marines heritage from those who came before her.

## Family Advocacy warns families of Internet child predators

BY CPL. ROBERT W. BEAVER  
Chevron staff

The Internet can be a dangerous playground. Forty percent of all missing children in the country are related to the Internet, while 70 percent of them were targeted at home.

To protect our children, the Family Advocacy Center

hosted an Internet safety class in Building 6E Aug. 19, where almost 30 kids learned to recognize, refuse, respond and report Internet predators.

"We want children to be smart while online—being aware of what they are doing," said Susan Righthouse, detective, San Diego Police Department.

The hour-long class was presented by members of the San Diego based Internet Crimes Against Children

Task Force, which is comprised of federal, state and local agencies dedicated to apprehending and prosecuting Internet child predators.

"We think our kids are safe at home when they are on the computer, but they are not," said Alessandra Serano, assistant United States attorney. "There are some sick people out there who prey on our youngest,

SEE **Internet**, pg. 2

<p><b>3273</b> HONOR PLATOON</p>	<p><b>FUTURE OFFICERS</b></p> <p><b>Twins awarded NROTC scholarships</b></p> <p>3</p>	<p><b>Dark victory</b></p> <p><b>Company M recruits meet the Reaper</b></p> <p>4</p>	<p><b>IRAQI NATIVE JOINS THE CORPS</b></p> <p><b>Finds path to success</b></p> <p>6</p>
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# San Diego offers numerous education paths



**Staff Sgt. Benjamin T. Holmes, Recruit Training Regiment, displays his Central Texas College associate degree. He advises fellow Marines to check out the educational opportunities available while they are on active duty.**

*Photo courtesy of Holmes family*

BY STAFF SGT. BENJAMIN T. HOLMES  
Recruit Training Regiment

I have an associate degree from Central Texas College in general studies and I'm well on my way to a bachelor's degree in history. I have worked extremely hard to accomplish this much of my education and I'm very proud that I have managed to maintain a 3.6 grade point average while working.

The only problem is that I'm 31 years old and it took me the better part of 10 years to earn my associate degree. I have few regrets from the 13 years that I have been a Marine but if I could change one thing it would be that I had taken college as seriously 10 years ago as I do now.

You probably fall into one of two categories: you're here because you are a Marine about to graduate from recruit training. If so, congratulations. You are very fortunate. My advice to you is to save this article until you finish your military occupational school. If you're in the second category, you're even more fortunate – you're stationed in San Diego. The educational opportunities available to you are almost limitless here.

The Lifelong Learning Center on base can provide information on over 1,200 schools that fit your schedule and lifestyle. I'm willing to bet that you can find one that fits your needs. While there are plenty of schools from which to choose, most of them are on line, and if you're like me you prefer to go to a class and sit down with someone smarter than you and learn something from them. On line classes are a great option but I think they're best used as a supplement to good old-fashioned

classroom time. With that in mind, two schools offer classes on the depot: San Diego City College and National University. One of the benefits to having access to schools focused on the military member's schedules is that most courses are cut down to eight weeks from the typical 16. Classes go typically two nights a week for roughly three hours.

The primary locations for these short session classes are the MCRD San Diego, 32nd St. Naval Base and Marine Corps Air Station Miramar. The bad news is that classes already started. The good news is that they start again on October 20. One of the good things about attending San Diego City College is that their classes will transfer to just about anywhere you want to go to pursue a four-year degree. An additional benefit is that SDCC falls under the San Diego Community College District which includes Mesa and Miramar College. The three schools are almost one in the same. This comes into play if you are willing to sacrifice the convenience of on-base classes to get a little more of the college experience.

Mesa College is about a 10-minute drive from the depot and provides a college atmosphere if that's what you're after. I have to warn you to be prepared to get what you ask for. You will come to realize that you're a little more prepared for college than you may have previously believed.

National University is a four-year university offering numerous bachelor of science and bachelor of arts degrees.

Like the community colleges, you also have the chance to take classes off base at several different campuses. The drawback to leaving base is that the cost often goes up above your tuition assistance limitations but you can use your G.I. bill so your out-of-pocket expense is virtually nothing. Of the various schools I have attended, National University was the most user-friendly. Their services are well-organized and they answered all questions I've had with just a phone call. The major advantage to National University is that they only offer the one-month classes. There is no traditional spring or fall term and you can start at any time. Locking yourself into a 16-week traditional class can be tough, as I'm sure you realize, with the rifle range, Corporals Course and things of that nature that can come up on short notice. For the most part, you know what's going on with work for the next month and you can plan classes accordingly. The month-long classes are two nights a week and two Saturdays a month for 4 ½ hours. That's a long time to sit in class, but the instructors do a phenomenal job of keeping the classes interesting. The biggest draw, at least for me, is that you

get to attend class with other students who are focused. Most of your classmates have jobs or careers and a family. This helps create a learning environment that I don't believe you will find at most traditional universities. There are no football games and the social scene is almost non-existent.

Tuition assistance is for you to use while you are on active duty and covers the cost of school. The process is simple: fill out a tuition assistance form with your personal information and the information for the class you plan on taking, have your commanding officer sign it and take it back to the Lifelong Learning Center.

Tuition assistance does not cover the cost of books and the cost of a new text book every month can add up. Be sure that you look around on-line for the best deals.

Before you start classes, or take any more depending on your situation, let me make two suggestions. First, complete your Marine Corps Institute courses. Obviously you need to do your military occupational speciality and Primary Marine Education courses first, but think beyond that. National University awarded me lower-level elective credits for over 20 MCIs. Not all of them counted towards my degree program. I can't tell you what exactly to order, but once you completed your required MCIs go on line and order those that are American Council on Education accredited. That information is available on the course overviews.

My second suggestion is to check into the College Level Examination Program or CLEP. You can knock out many lower-level required courses simply by taking and passing a test.

Marines, the opportunities are out there. It's never too late for you to get started or pick back up on your education. If you are stationed here, you're basically non-deployable, so take advantage of it. Whether you're in for four years or 20, there is no reason to leave the Corps without a significant amount of school under your belt. Many times the most difficult part is getting started.

Nothing would make me happier than if the education office ran out of tuition assistance forms next week.

*Marines who wish to start or continue their educational efforts should visit the Education Center, Bldg. 111, for information and assistance. You can ask about setting up a credit consolidation program with an accredited facility. This program, for an annual fee, will consolidate credits from schools wherever you might be assigned; and grant an accredited degree once you meet their requirements.*

## BRIEFS

### Men's Varsity Softball Team tryouts

The MCRD Men's Varsity Softball Team tryouts will be held for experienced active duty aboard or attached to the depot at the depot softball field Monday at 5 p.m. Games will be held during the week and some weekends to prepare for the West Coast Regional Softball Tournament. For information call Master Sgt. Antonio Manzano at (619) 524-1980 or e-mail Antonio.manzano@usmc.mil.

### Teen Dating Violence Awareness workshop

A workshop for parents and teenagers on teen dating violence awareness will be held 5 to 6 p.m. Tuesday at the Family Advocacy conference room, Bldg. 6E. Space is limited. To sign up call Sandy Broce at (619) 524-0421.

### Nutrition seminar series

The Fall into Healthy Eating Nutrition Seminar Series will be offered from 11:30 a.m. to 12:30 p.m. Sept. 10, 17 and 24, at the Bldg. 6E classroom. Scheduled topics are: the do's and don'ts of dining out; uncovering the truth about fad diets; and general nutrition and weight management. Refreshments will be provided. Sign up online at [www.mccsmcrd.com](http://www.mccsmcrd.com). For information call Michelle Nail at (619) 524-8913.

### Career and Education Fair

The Career Resource Management Center at Marine and Family Services will host a Career and Education Fair at the depot Field House, Bldg. 650, from 10 a.m. to 1 p.m. Sept. 17. The event is open to military active duty and reservists, family members, retirees, DoD civilians, and other personnel with access to military installations. Attendees can meet with representatives from dozens of employers with local and nationwide opportunities in a wide variety of fields, including government, law enforcement, sales and many others. For information call the CRMC at (619) 524-1283/8440/8158.

### Financial Brown Bag Lunch Seminar

The next Personal Financial Brown Bag Lunch Seminar, "How to develop a budget and create a spending plan," will be held Sept. 24 from 11:30 a.m. to 1 p.m. in the Marine & Family Services' classroom, Bldg. 14. A free light lunch buffet will be served but attendees may bring their own lunch. To register call (619) 524-5728.

### Boot Camp Challenge training

Train for the Boot Camp Challenge 5:30 to 6:30 p.m. Tuesdays and Thursdays at the depot Field House. This 12-week program is available for depot personnel and their families. Sign up on line at [www.mccsmcrd.com](http://www.mccsmcrd.com). For information call (619) 524-4427.

SEND BRIEFS TO:  
[roger.edwards@usmc.mil](mailto:roger.edwards@usmc.mil). The Chevron staff reserves the right to publish only those briefs that comply with Department of Defense regulations and the standards of the U.S. Government.

### Internet, from pg. 1

and are really good at what they do."

The children learned that almost all online predators reach their victims at home, through computers, video game consoles and cell phones. They will use these channels to disguise themselves as friends before isolating children from their families.

"Children do not know the difference between right and wrong," said Serano. "They are impressionable and the most vulnerable members of our society."

Children are at high risk because they are curious, easily led in conversation, need attention, affection, to please and sometimes defy parents, said Righthouse.

Righthouse warned the children about using social networking sites such as MySpace and Facebook where users are allowed to leave hometown, school and hobby information about themselves.

"Predators can use this information and narrow down where they can find their victim," said Serano.

Predators then pretend to be someone else, such as a new student at their school, and act like they share the same hobbies and interests to build trust with their victim.

As they bond online, the predator works at separating their victim from their family. They tell children to keep their conversations secret and try to turn them against their parents. They also threaten children if they do not give in to their requests.

"The best way children can protect themselves is to be as anonymous as possible," said Righthouse. "They should never meet anyone in person, who they met online. Parents should also be aware of what their children are doing on the web."

For more information on protecting children from internet predators, log on to Web sites [www.icac.org](http://www.icac.org), [www.projectsafechildhood.gov](http://www.projectsafechildhood.gov), or [www.ncmec.org](http://www.ncmec.org).



# Twins continue family’s legacy, win NROTC Scholarship

BY CPL. ROBERT E. JONES  
RS Houston

Many Marines have a rich history of military service in their families. They are born with almost a need to continue their heritage by following a family member’s example and serving in the Armed Forces. Since the early days of the American Colonies the Zuber family of Houston has been no different.

The Zuber family has fought in every American war since the 1700s. The two youngest Zuber will continue with the legacy.

Erick and Russell Zuber, twin brothers who recently graduated from Frank Dobie High School, in Houston, were awarded Naval Reserve Officer Training Corps Scholarships for academic, physical and personal achievements throughout their high school careers.

“I always knew I wanted to serve,” said Russell, 18. “This scholarship ensures I’ll get my education and serve the Corps.”

The NROTC seeks to develop young men and women morally mentally, and physically, and to instill in them the highest ideals of honor, courage and commitment. Also, it educates and trains them for leadership and management positions in an increasingly-technical Navy and Marine Corps.

The Zuber brothers have worked hard in preparing for their future as Marine officers, but they contribute it all to the leadership their parents, Victor and Mary Zuber, instilled in them since they were young.

“Our parents teaching us to follow through and never quit has made me who I am,” said Russell.

“My dad taught me if I’m going to do something, no matter what it is, remain dedicated even if I feel like throwing in the towel,” Erick added.

Moreover, the amount of time needed to apply for the program called for the same work ethic that had been disseminated in every other venture in their life.

“I started later than my brother, and as a result, I experienced many sleepless nights,” said Russell. “However, I submitted my paperwork an hour before the deadline, and even



Twin Brothers, Russell and Erick Zuber, have both elected to continue their family’s military tradition and serve in the armed forces. The two Zubers have both received NROTC scholarships for school and will serve the Corps as Marine officers in the coming years.  
Cpl. Robert E. Jones/Houston RS

though I was relieved, I still worried because I didn’t think I had done enough preparation.”

A few weeks later, the Zuber were selected for the scholarship.

“When I heard from my brother on the phone that we had been selected, I just started yelling, ‘Yeah, Yeah!’” said Erick. “It just so happened I was at a swimming tournament, so the team and I celebrated.”

Joining the armed services can

raise uncertainties and fear of the unknown not just in the service member, but also those affected by their decision to join.

“As a mom, the fear of harm to one of my children is always on my mind,” said Mary. “However, I know once my children are trained properly they will be able to take on any challenge and that alone gives me comfort.

“I was a little nervous because of the commitment it calls for,” said

Mary. “Four years in school then another four in the armed forces; that’s a lot of commitment for a young man.”

“I couldn’t be more proud,” said J. Victor. “I look forward to their progress.”

With their family’s full support, the twins are excited about the prospect of getting an education, but understand the overall goal is to serve in the armed forces like their ancestors and lead Marines.

## VOTING INFORMATION

Units are required to conduct training for Marines and their families. Each command has a unit voting assistance officer, who can answer questions concerning voting.

Unit Voting Assistance Officers are:

Headquarters and Service Battalion:

Recruit Training Regiment:

Weapons and Field Training Battalion:

12th Marine Corps District:

Capt. David J. Cote

Capt. James E. Peoples

CWO2 Jasin A. Wilburn

Capt. Timothy A. Sparks

(619) 524-1980

(619) 524-1775

(760) 763-1278

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Company M recruits hike along the top of the Reaper in the early morning fog at Weapons Field Training Battalion, Camp Pendleton, Calif., Aug. 28. The hike is part of the Crucible, a 54-hour training exercise where recruits, if they complete it, earn the title of Marine. The Reaper is the final 700-foot hurdle during the last hours of the Crucible. *Cpl. Kevin M. Knallay/Chevron*



Company M recruits charge through the fog up one of the last hills of the Reaper as Staff Sgt. Jose L. Ledesma, Platoon 3269 drill instructor, leads the way. *Cpl. Kevin M. Knallay/Chevron*



**A Company M recruit takes care of his foot injury during a short rest stop.**  
*Cpl. Kevin M. Knallay/Chevron*



Company M recruits begin the first uphill hike of the Crucible. *Cpl. Kevin M. Knallay/Chevron*





our training exercise that tests recruits physically and mentally before



Company M recruits step out after a rest at the top of the Reaper. *Cpl. Kevin M. Knallay/Chevron*



Platoon 3271 stands in formation as they receive their eagle, globe and anchor insignia following the Crucible. *Cpl. Kevin M. Knallay/Chevron*

# *Through fog and darkness Company M recruits conquer the Reaper*

BY CPL. KEVIN M. KNALLAY  
*Chevron staff*

On the hills of Marine Corps Base Camp Pendleton, Calif., at 3 a.m. Aug. 28, when most Marines are still asleep, recruits in Company M have been up for most of the past 48 hours. They have been working toward this moment for almost three months and now there is only one thing standing between them and the title Marine — a steep hill simply known as the Reaper.

With roughly 25-degree slopes, the Reaper serves as a 700-foot hurdle before recruits become Marines at the end of the Crucible. The Crucible is a 54-hour training exercise where recruits go through rigorous physical and mental events as well as sleep and food deprivation.

The seven-mile march to the base of the Reaper has been hard. The company stops a few times along the way to stay hydrated and sit for just a few precious minutes,

but then it's time to step off.

"If you want it bad enough, all you have to do is go get it," said Staff Sgt. John Collins, senior drill instructor of Platoon 3276, to his recruits. "You already have what you need to get up there, now let's step it out!"

The first hill seems to be the toughest due to its length. In the dark it seems the up-hill slope will never end. After the initial incline there are a few more-forgiving stretches where the path is flat or at least not as steep followed by rolling hills along the hill's ridge line.

Toward the top it is harder for some recruits to finish, but with the motivation of other recruits and their drill instructors, most make it to the top; some hurting more than others from the trek.

"It hurts pretty badly," said Pvt. Caleb Parker, Platoon 3271, about his toe that he injured earlier in the Crucible. "All I could think about though was seeing my family next week. I knew if I didn't make it through I might get dropped."

Then, finally the company reaches the top just after most of the morning fog has started to lift.

Once at the top, senior drill instructors recite the Medal of Honor award citation of Col. Merrit A. Edson, whom Edson Range is named after. Edson Range is where they previously qualified on their M16A2 service rifles.

"I told you I'd bring you across the finish line," senior drill instructor, Sgt. Toland J. Taylor, Platoon 3271, said to his recruits. "Didn't I tell you that?"

"Yes sir!" the recruits all shouted.

Soon, it was time to head back downhill to the parade deck to receive their emblems and the title, Marine. Today, the Marines of Company M graduate.

"I now feel what he felt when my brother climbed (the Reaper)," Parker said. "It's indescribable. One of my goals was to complete the Reaper, no matter what, and I did just that."



Recruits with Platoon 3270 rest at the top of the Reaper, during the final hours of the Crucible. *Cpl. Kevin M. Knallay/Chevron*



# Marine honors his Iraqi family through Marine Corps service

BY CPL. ROBERT W. BEAVER  
*Chevron staff*

Life in Iraq seemed like hell for Pvt. James Akhnana and his family. Iraqi soldiers invaded homes, doing what they pleased while religious groups fought each other.

His family wanted a safer life and they knew they would have to leave Iraq to find it.

“The country was too dangerous with Saddam and the rivaling clans,” said Akhnana, Platoon 3271, Company M. “Life was unfair there. If we had photos hung on our walls in our house, the largest picture had to be an image of Saddam. We had to idolize him.”

His family planned to move to America but first moved to Iran when Akhnana was four years old to save money.

His father had a college degree in electrical engineering and was able to earn enough money within six months to send his family to America.

Most of his family members settled in Illinois when they arrived in the states, except for his uncle, who lived in California and was a former commander in the Iraqi Army.

“My uncle started a business and was doing financially well for himself,” said Akhnana, 19. “He let us stay with him until we got on our feet.”

Soon after his family settled with their uncle, Akhnana’s father could not find a job. Instead, an electrical engineering job was available in Illinois, but was not as financially rewarding as before.

“America has been good

to my family,” said Akhnana. “We found exactly what we wanted when we got here.”

Things seemed to be going well for Akhnana’s family until his father was laid off. Fortunately, he received six months severance pay.

Akhnana’s father began searching for another job. Three months into his search, his brother suggested that he could be a translator for the military in Iraq.

After a screening in Virginia, his father became an Arabic, Assyrian and English translator for the U.S. Army, and is currently serving in Iraq.

“My parents worked hard for the well-being of our family,” said Akhnana. “They made me into a strong person, so I felt like it was my responsibility to be successful.”

Akhnana thought about going to college after high school, but he did not want his parents to pay his way.

“I knew it was time to move on,” said Akhnana. “I had been mooching off my parents my whole life. We’ve been dealing with money since we got to America, and I did not want to give my parents more issues by paying for my college.”

As Akhnana pondered what he was going to do, his friends suggested he look into joining the military.

“I spoke with recruiters from all the branches,” said Akhnana. “The Army sounded like a good deal but my friends told me about the Marines.”

The friends who suggested military service were Marines themselves. They explained what the Marine Corps offered.

Akhnana visited a recruit-



Pvt. James Akhnana, Platoon 3271, Company M, awaits orders from his drill instructor to attend the Warrior’s Breakfast at the Edson Range chow hall at Marine Corps Base Camp Pendleton, Calif., Aug. 28. Akhnana, 19, joined the Marine Corps to better himself and his family. *Cpl. Robert W. Beaver/Chevron*

er’s office, seeking more information. During that visit, he made his choice.

“The Marine Corps offered a deeper sense of pride and better training,” said Akhnana. “It looked like a great step forward in life that would give what I need to be successful.”

Akhnana broke the news to his family.

“Our mom freaked out when she heard,” said Jennifer Akhnana, his sister. “She knew that he would always be gone and would only visit sometimes. She had trouble letting go but eventually supported his decision.”

His sister also said she was shocked he made the choice because he was known for being the typical immature high school student.

“I think this will be a good thing for him,” said Jennifer.

His father also gave his blessing during a phone call from Iraq. Three weeks later, Akhnana enlisted in the Marine Corps and shipped to boot camp here June 9.

“I enjoyed boot camp a lot,” said Akhnana. “The Marine Corps seems like a good fit for me. I was interested in all the knowledge they crammed into my head.”

Akhnana said he enjoyed the environment of boot camp.

“He added to the character of the platoon, and without him, they would not be the unique group they are,” said Sgt. Christopher Boelzner, drill instructor, Platoon 3271.

Boelzner, a Boston native, said Akhnana was self-motivating through the training cycle and said he will make a good Marine. He added that stress does not affect Akhnana, even with the hardships he has been through previous to training.

“The thought of going back to Iraq scared me,” said Akhnana. “The more I trained here, the more confident I became. We are trained to do what we do successfully, if necessary.”

Akhnana enlisted with a legal administration option for his interest in law. After leaving the depot today, he will return home for 10 days of boot camp leave before continuing training at Marine Corps Base Camp Pendleton, Calif.

## Retired Col. Conwill R. Casey

PARADE REVIEWING OFFICER

Retired Col. Conwill R. Casey was born in Tallahassee, Fla. He enlisted in the United States Marine Corps on March 30, 1957.

In 1961, Casey earned a Bachelor of Science Degree in marine biology from Florida State University. He served in the Marine Corps Reserve and attained the rank of sergeant. Upon graduation he was commissioned a second lieutenant in the Marine Corps.

After completing The Basic School in Quantico, Va., he received orders to the 1st Marine Division at Camp Pendleton, Calif. He served as a platoon commander with 1st Tank Battalion and as a company commander with 1st Anti-Tank Battalion.

In October 1965, he was transferred to Camp Lejeune, N.C., where he served as a company commander with 2nd Tank Battalion.

Following graduation from the Amphibious Warfare School, Quantico, Va., in July 1967 he received orders to report to the Republic of Vietnam where he served

as company commander, Company A, 1st Tank Battalion.

He fought in the battle for Hue City during the 1968 Tet Offensive and in numerous other engagements against the North Vietnamese Army and Viet Cong.

Upon his return to the United States he served as a recruit training company commander and battalion executive officer at Marine Corps Recruit Depot, San Diego, Calif. He was promoted to the rank of major in November 1968.

In January 1970, Casey taught as an instructor at the Landing Force Training Command (Pacific) in Coronado, Calif. He transferred to Camp Lejeune in July 1971 and became the operations officer of 2nd Tank Battalion.

In June 1974, Casey completed instruction at the Command and Staff College in Quantico and subsequently served overseas as the logistics officer of the 3rd Tank Battalion, 3rd Marine Division, Okinawa, Japan.

Returning stateside in August 1975, Casey was assigned duties as commanding officer of Marine Corps Recruiting Station Orlando, Fla. He was promoted to the rank of lieutenant colonel in December 1977.

Casey then served as head of the Enlisted Recruiting Operations Branch at Headquarters, U. S. Marine Corps, Washington, D.C.

Returning to Camp Lejeune in 1981, he served as battalion commander of 2nd Tank Battalion and as assistant chief of staff logistics, 2nd Marine Division. He was promoted to colonel in January 1983.

In February 1983, Casey served as officer-in-charge of the European Command Liaison Team in Beirut, Lebanon. He was wounded in the car bombing of the American Embassy in April 1983. In July of that year, he began a tour of duty as director of 8th Marine Corps District in New Orleans. He served in this capacity until June 1987 when he was transferred to Marine Corps Recruit Depot Parris Island, S.C. He served as the depot logistics officer and as chief-of-staff for the Eastern Recruiting Region.

Casey’s military awards and decorations include the Legion of Merit with gold star in lieu of second award, the Bronze Star with Combat “V”, the Purple Heart Medal, the Defense Meritorious Service Medal, the Meritorious Service Medal with gold star in lieu of second award,

the Joint Services Commendation Medal, the Combat Action Ribbon with gold star in lieu of second award, the Presidential Unit Citation, the Vietnam Cross of Gallantry with bronze star and the Lebanese Order of the Cedar.

Casey retired from the Marine Corps in June 1991 after serving over 34 years. He currently serves as the president of the East Coast Chapter of the Marine Corps Tankers Association.







**Platoon 3270**  
**COMPANY HONOR MAN**  
Lance Cpl. T. R. Crosby  
Sammamish, Wash.  
Recruited by  
Sgt. J. J. Solis



**Platoon 3273**  
**SERIES HONOR MAN**  
Pfc. M. A. Martinez  
San Diego  
Recruited by  
Staff Sgt. J. J. Inzunza-Rodriguez



**Platoon 3269**  
**PLATOON HONOR MAN**  
Pfc. J. M. Morrison  
Ballwin, Mo.  
Recruited by  
Staff Sgt. D. T. Severson



**Platoon 3271**  
**PLATOON HONOR MAN**  
Pfc. J. C. Chipman  
Darien, Ill.  
Recruited by  
Staff Sgt. J. M. Rodriguez



**Platoon 3274**  
**PLATOON HONOR MAN**  
Pfc. A. E. Clayton  
Ft. Dodge, Iowa  
Recruited by  
Sgt. C. C. Cunningham



**Platoon 3275**  
**PLATOON HONOR MAN**  
Pfc. E. L. Richards  
Santa Rosa, Calif.  
Recruited by  
Gunnery Sgt. G. Monroe



**Platoon 3276**  
**PLATOON HONOR MAN**  
Pfc. C. R. Williams  
East Bethel, Minn.  
Recruited by  
Staff Sgt. C. M. Lopez



**Platoon 3270**  
**HIGH SHOOTER (319)**  
Lance Cpl. T. R. Crosby  
Sammamish, Wash.  
Marksmanship Instructor  
Sgt. S. E. Lindquist



**Platoon 3273**  
**HIGH PFT (300)**  
Pfc. J. C. Garcia  
Lehi, Utah  
Recruited by  
Staff Sgt. M. Herrera

# MIKE COMPANY

## 3RD RECRUIT TRAINING BATTALION

*Commanding Officer*  
Lt. Col. J. R. Meade  
*Sergeant Major*  
Sgt. Maj. T. W. Petersen  
*Chaplain*  
Lt. R. W. Peters III, USN  
*Battalion Drill Master*  
Gunnery Sgt. D. K. Ellington

## COMPANY M

*Commanding Officer*  
Capt. J. E. Boyer  
*Company First Sergeant*  
1st Sgt. S. Cummings  
*Company Corpsman*  
HM3 J. R. Dudgeon

## SERIES 3269

*Series Commander*  
1st Lt. N. L. Martinez  
*Series Gunnery Sergeant*  
Staff Sgt. G. Guzman

## PLATOON 3269

*Senior Drill Instructor*  
Staff Sgt. Y. E. Paschall  
*Drill Instructors*  
Staff Sgt. J. L. Ledesma  
Sgt. A. K. Bernatowski  
Sgt. A. P. Soehngen

Pvt. B. M. Ahlin  
Pvt. M. L. Anderson  
\*Pvt. J. C. Archie  
Pfc. S. J. Area  
Pvt. J. T. Arnold  
Pvt. S. C. Athan  
Pvt. R. T. Austin  
Pfc. N. M. Baldwin  
Pfc. B. D. Blake  
Pvt. J. E. Bouska  
Pvt. T. E. Brinkly Jr.  
Pfc. J. L. Bullard  
Pfc. B. S. Burke  
\*Pvt. G. S. Byers  
Pfc. Y. A. Cachuela  
Pvt. C. W. Carpenter  
Pvt. E. Carrillo  
Pvt. J. H. Casoose  
Pvt. K. A. Cissell  
Pfc. J. W. Clark  
\*Pvt. J. R. Clark  
Pvt. A. J. Cornelius  
Pvt. T. M. Crouch  
Pvt. J. R. Czarzasty  
Pvt. D. K. Dewitt  
Pvt. S. N. Donley  
Pvt. M. R. Dumas  
Pvt. J. D. Ellis  
Pvt. J. M. Fellinger  
Pvt. D. Fernandez  
Pvt. K. J. Fischer  
Pvt. S. L. Fisher  
Pvt. D. R. Ford  
Pvt. N. J. Frausto  
Pvt. E. M. Friel  
Pvt. T. M. Frodl  
Pvt. J. M. Galindo  
Pfc. D. T. Gilbert  
Pfc. A. A. Gonzalez III  
Pfc. S. J. Gould  
Pvt. Z. L. Hease  
\*Pvt. B. W. Hall  
Pfc. N. D. Hanke  
Pvt. L. D. Harty  
Pfc. C. M. Hunt  
Pvt. J. G. Hunt  
Pvt. M. E. Ingram  
Pfc. B. D. Joy  
Pfc. B. D. Kleckner  
Pfc. C. A. Kunkel  
Pfc. K. C. Kunkel  
Pvt. A. C. Laperriere  
Pfc. K. A. Lausch  
Pfc. D. R. Law  
Pvt. R. T. Levandowski  
Pfc. J. H. Long III  
Pfc. L. D. Magallanes-Mora  
Pvt. J. D. Marler  
Pvt. D. Martinez  
Pfc. F. J. Martinez  
Pvt. Z. R. Maupin  
Pvt. D. R. McCune  
Pfc. C. H. McIntosh  
\*Pvt. G. A. Morales  
Pfc. J. M. Morrison  
Pvt. T. D. Most  
Pvt. E. D. Nunez-Delgado  
Pvt. J. J. Polston  
Pfc. R. J. Quick  
Pvt. A. D. Quinonez  
Pvt. I. Ramirez  
Pvt. M. D. Riley  
Pfc. C. D. Ruiz  
Pvt. L. S. Smith  
Pvt. S. C. Sooter  
Pvt. K. W. Theobald  
Pvt. D. M. Thompson  
Pvt. J. T. Troutz

Staff Sgt. E. Zapata  
Sgt. M. S. Bachicha

Pfc. C. E. Alcantara  
Pvt. D. C. Ambrose  
\*Pfc. J. L. Badillo  
Pvt. P. A. Bailey  
Pvt. T. M. Barrington  
Pvt. J. J. Beren  
Pvt. B. E. Bloss  
Pvt. J. S. Bolton  
Pvt. R. R. Burke  
Pvt. C. J. Carlson  
Pfc. T. R. Cendana  
\*Pfc. S. T. Charles  
Pvt. N. A. Clements  
\*Pfc. C. W. Cloud  
Pvt. P. C. Corbin  
\*Lance Cpl. T. R. Crosby  
Pvt. R. J. Dalebroux  
Pvt. D. L. Dana  
Pfc. J. D. Danielson  
Pfc. L. S. Davis  
Pvt. M. J. Dewaters  
Pfc. M. A. Doss  
Pvt. O. N. Dotson  
Pvt. A. C. Douglas  
Pvt. M. A. Estrada  
Pvt. D. C. Flores  
Pvt. G. Flores  
Pfc. J. S. Fry  
Pvt. J. S. Gabriel  
Pvt. M. A. Galaviz  
Pfc. E. Garcia  
Pvt. F. W. Garcia  
Pfc. T. S. Garret  
Pvt. B. J. Golackson  
Pvt. T. R. Guill  
Pvt. D. A. Hardy  
Pfc. A. M. Harris  
Pvt. K. D. Haugen  
Pfc. F. W. Hernandez  
Pfc. E. C. Hernandez-Palma  
Pvt. N. B. Heyward  
Pvt. M. T. Hoffmann  
Pvt. A. J. Horrocks  
Pfc. K. M. Hutchinson  
Pfc. A. R. Johnson  
Pvt. M. G. Johnson  
Pvt. C. P. Jones  
Pvt. J. E. Kay  
Pvt. J. D. Kelly  
\*Pfc. M. Kelbatyrov  
Pfc. A. S. Klebahn  
Pfc. M. A. Klopp  
Pvt. J. A. Labolle  
Pvt. A. D. Lanzer  
Pvt. S. R. Laws  
Pvt. T. Lee  
Pvt. M. G. Lewis  
Pvt. P. M. Ligon-Butler  
Pvt. H. Longoria  
Pfc. P. A. Luna  
Pvt. J. C. Lycett  
Pvt. P. T. Ma  
Pvt. B. E. Majers  
Pvt. L. F. Moules  
Pfc. B. M. Munholand  
\*Pfc. C. L. Myers  
Pvt. J. B. Nelson  
Pvt. T. G. Nickel  
Pvt. C. T. Ochs  
Pvt. C. S. Palus  
Pfc. W. Pintor  
Pfc. N. C. Proctor  
Pvt. R. Ruiz  
Pfc. S. F. Sanchez  
Pvt. K. D. Secrest  
Pvt. J. D. Tangen  
Pvt. R. L. White  
Pvt. G. P. Williams  
Pfc. M. N. Wolf  
Pfc. C. A. Zacher

## PLATOON 3271

*Senior Drill Instructor*  
Sgt. T. J. Taylor  
*Drill Instructors*  
Sgt. C. R. Boelzner  
Sgt. T. W. Garcia  
Sgt. M. J. Lennon

Pvt. J. W. Akhnana  
Pvt. J. R. Albers  
Pvt. J. J. Andrie  
Pvt. G. R. Avila  
Pvt. M. M. Banks  
Pvt. Z. L. Bassett  
Pvt. B. A. Blair  
Pvt. J. A. Blair  
Pfc. M. G. Bounds  
Pvt. W. C. Bowland  
Pfc. B. K. Burgess  
Pfc. J. C. Chipman  
Pvt. J. A. Cobb  
Pfc. P. M. Collie  
Pvt. N. I. Cruson  
Pfc. A. J. Dall  
Pvt. D. B. Davenport  
Pvt. T. S. DeWitt  
Pvt. D. B. Dotson  
Pvt. N. D. Edmison  
Pfc. M. A. Esquivel  
Pvt. J. R. Falk  
\*Pfc. K. W. Fowler  
Pvt. D. R. Frensemeier  
Pfc. S. R. Gassaway



**Company M Marines listen to a command message from their company commander after receiving their eagle, globe and anchors Aug. 28 at Edson Range, Marine Corps Base Camp Pendleton, Calif. Some of the new Marines sobbed when they received the emblems.**

*Cpl. Robert W. Beaver/Chevron*

Pvt. K. P. Grant  
Pfc. D. D. Gurr  
Pfc. K. G. Halon  
Pvt. F. W. Haptas  
\*Pfc. E. E. Haskell  
Pvt. D. J. Heller  
Pvt. S. B. Hoener  
Pfc. J. J. Hoffman  
Pvt. A. J. Honsey  
Pfc. C. Huerta  
Pfc. R. T. Hyde  
Pvt. S. W. Imgrund  
Pvt. F. W. Juvland  
Pvt. T. I. Keddell  
Pvt. T. A. Kimball  
Pvt. N. D. Kimbrough  
Pvt. D. J. Kline Jr.  
Pvt. M. A. Koch  
Pfc. M. O. Lemmer  
Pvt. A. H. Lewis  
Pfc. N. S. Ligon  
Pfc. J. R. Lopez  
Pvt. M. C. Lovell  
\*Pfc. E. J. Lyons  
Pfc. D. S. Malinowski  
Pvt. C. W. McBride  
Pvt. C. J. McCord  
Pvt. M. R. McParlon  
Pvt. M. A. Mijares  
Pvt. M. L. Mitchell  
Pfc. A. M. Morley  
Pvt. G. P. Neff  
Pvt. J. K. Nix  
Pfc. C. A. Olson  
Pvt. S. K. O'Neal  
Pvt. D. Ontiveros  
Pfc. M. D. Paden  
Pvt. M. G. Palaguachi  
Pvt. C. R. Parker  
\*Pfc. M. E. Parks  
Pvt. E. E. Patch  
\*Pfc. A. M. Pawlowski  
Pfc. C. W. Pevehouse  
Pvt. D. Pickeral  
Pfc. C. J. Pierce  
Pfc. J. J. Ramos  
Pfc. B. N. Refner  
Pvt. C. I. Ricano-Amaya  
Pvt. C. W. Rippey  
Pfc. K. T. Robbins  
Pvt. J. M. Rounds  
Pfc. J. E. Sanderson  
Pfc. J. W. Sandstrom  
Pvt. A. G. Sichling  
Pfc. C. S. Sockwell  
Pvt. A. D. Stecker  
Pvt. J. J. Taylor  
Pvt. P. P. Zielinski

## SERIES 3273

*Series Commander*  
Capt. R. D. Scalise  
*Series Gunnery Sergeant*  
Gunnery Sgt. M. D. Stout

## PLATOON 3273

*Senior Drill Instructor*  
Staff Sgt. V. Cambunga  
*Drill Instructors*  
Staff Sgt. F. R. Becker  
Staff Sgt. E. J. Mahoney  
Sgt. B. K. Dodson

Pfc. R. D. Adams  
Pvt. R. C. Aguilera  
Pvt. R. J. Alvarez  
Pvt. F. Antonio-Hernandez  
Pfc. J. M. Baus  
\*Pfc. A. G. Burke  
Pfc. A. Bustos  
Pvt. J. Carrillo  
Pvt. A. R. Castro  
Pvt. I. Cortez  
Pfc. A. J. Cuevas  
Pvt. C. H. Daniels  
\*Pfc. B. A. Davis

Pfc. C. A. Dearborn  
Pvt. J. M. Diaz  
Pvt. M. J. Dingal  
Pvt. A. M. Doss  
Pvt. N. E. Fatla  
Pfc. M. A. Figueroa  
Pvt. N. D. Flores  
Pfc. E. R. Fugett  
Pfc. J. C. Garcia  
Pvt. G. R. Doyal Jr.  
Pfc. A. Easter  
Pfc. L. E. Ellis  
Pvt. J. M. Ferguson  
Pfc. J. K. Gonzales  
Pvt. K. A. Grittion  
Pfc. J. P. Hall  
Pfc. J. P. Harrell  
Pfc. R. L. Haslauer  
Pfc. B. S. Head  
Pvt. M. A. Hernandez  
Pvt. A. R. Hudson  
Pvt. C. S. Jacobson  
Pvt. M. R. Johnson  
Pfc. H. S. Khalsa  
Pfc. B. E. Luna  
Pfc. M. N. Maninang  
\*Pfc. M. A. Martinez  
Pvt. C. A. McGinnis  
Pfc. R. Mendoza-Nunez  
Pvt. A. W. Mikle  
Pfc. D. S. Minnich  
Pvt. R. A. Mumby  
Pfc. B. M. Napier  
Pvt. C. J. Nichols  
Pfc. J. S. Norsworthy  
Pfc. R. C. Orbin  
Pvt. J. M. Pitts  
Pvt. R. Prum  
Pfc. E. Ramos  
Pvt. I. B. Reyes  
\*Pfc. D. J. Robinson  
Pfc. A. W. Rund  
Pfc. M. Saenz  
Pvt. S. C. Saephan  
Pfc. M. A. Salazar  
Pfc. M. D. Sams  
Pvt. E. A. Sanchez II  
Pvt. L. F. Sandoval  
Pvt. T. A. Seeley  
Pvt. C. J. Shelton  
Pfc. F. D. Smith III  
Pvt. J. M. Smith  
Pvt. T. R. Smith  
Pvt. R. D. Stensrud  
Pfc. E. Tapia  
Pvt. A. M. Terriquez  
Pvt. J. D. Thibodeau  
Pfc. C. B. Thompson  
Pfc. J. L. Valencia  
Pvt. S. M. Van Deventer  
Pvt. S. B. Villegas  
Pvt. T. W. Weller  
Pfc. S. R. Wilson  
Pfc. J. C. Zafra  
Pfc. J. A. Zipper

## PLATOON 3274

*Senior Drill Instructor*  
Staff Sgt. F. J. Lewis  
*Drill Instructors*  
Staff Sgt. J. E. Dow  
Sgt. R. Arroyo  
Sgt. M. A. Rucker

Pfc. J. R. Atencio  
Pvt. C. A. Bain  
Pvt. P. E. Baker  
\*Pfc. J. Barron  
Pfc. J. S. Bauer  
Pvt. E. T. Bowers  
Pvt. M. G. Bright  
Pfc. J. W. Brown II  
Pfc. D. W. Burlason  
Pvt. G. E. Cardwell  
Pfc. L. E. Cartwright  
\*Pfc. C. D. Castaneda  
Pfc. A. E. Clayton

Pvt. P. E. Coffey  
Pvt. J. T. Cross  
Pvt. D. L. Dansand  
Pfc. J. C. Davis  
Pvt. C. H. Day  
Pvt. M. W. Dean  
Pfc. E. S. DeHart  
Pfc. J. Dias-Arteaga  
Pvt. G. R. Doyal Jr.  
Pfc. A. Easter  
Pfc. L. E. Ellis  
Pvt. J. M. Ferguson  
Pfc. J. K. Gonzales  
Pvt. K. A. Grittion  
Pfc. J. P. Hall  
Pfc. J. P. Harrell  
Pfc. R. L. Haslauer  
Pfc. B. S. Head  
Pvt. M. A. Hernandez  
Pvt. B. A. Hintz  
Pfc. J. L. Hoinkis  
Pvt. A. D. Hower  
Pfc. M. A. Hucks  
Pfc. C. R. Kasmar  
Pfc. J. Y. Kelly  
Pfc. J. J. Krull  
Pvt. K. S. Lacey  
Pvt. J. W. Landes  
Pvt. A. R. Lane  
Pvt. R. W. Langdon  
Pfc. K. W. Lock  
Pfc. C. B. Long  
Pvt. M. D. Mackey  
Pvt. H. McDaniel  
Pfc. B. L. Merritt  
Pfc. K. S. Moore  
Pfc. D. D. Noel  
\*Pfc. P. T. Orr  
Pvt. A. J. Quarles  
\*Pfc. D. G. Reeder-Esparza  
Pvt. J. B. Rhodes  
Pfc. E. L. Richards  
Pvt. J. P. Rivas  
Pvt. J. Rocha-Ortiz  
Pfc. R. A. Rodriguez  
Pfc. D. A. Rogers  
Pfc. D. R. Rohwer  
Pfc. A. S. Russell  
Pfc. J. T. Ritz  
Pfc. D. Roders  
Pfc. O. M. Rodriguez  
Pvt. J. J. Rottella  
Pvt. E. M. Ruff  
Pfc. A. Salinas Jr.  
Pvt. B. D. Schaeffer  
Pvt. Z. R. Shave  
Pvt. S. S. Shigeishi  
Pvt. C. N. Slavin  
Pfc. N. C. Souza  
Pvt. J. P. Soward  
Pvt. V. K. Suarez  
Pvt. J. M. Thornton  
Pvt. A. D. Tolleson  
Pfc. C. L. Vavrecka  
Pvt. C. Velasquez  
Pfc. A. Vesquez  
Pvt. B. E. Warnhoff  
Pvt. J. R. Whited

## PLATOON 3275

*Senior Drill Instructor*  
Staff Sgt. R. J. Hurtado  
*Drill Instructors*  
Sgt. J. R. Bennett  
Sgt. W. J. Kondziela  
Sgt. J. Tibana

Pvt. D. R. Adams  
Pfc. T. J. Adams  
\*Pfc. J. C. Almaguer  
Pvt. L. W. Albier  
Pfc. A. J. Berry  
Pvt. R. Beteta  
Pvt. M. R. Bitner  
Pfc. T. W. Bock  
Pvt. N. T. Carr  
Pvt. B. Chin

Pvt. S. W. Cogdill  
Pvt. J. J. Contretras  
Pfc. J. M. Coronado  
Pvt. J. W. Crabtree  
Pvt. K. D. Cummings  
Pfc. A. L. Dartez  
Pvt. S. T. Darwin  
Pfc. R. A. Davila  
Pvt. R. C. Deleon  
Pvt. S. M. Dreyer  
Pfc. S. C. Fehringier  
Pvt. C. F. Frausto  
Pfc. T. C. Ganong  
Pvt. L. M. Godfrey  
Pvt. E. Z. Gruhn  
Pvt. J. S. Hager  
Pvt. Z. Henderson  
Pvt. R. I. Hernanandez  
Pvt. T. J. Hockenbury  
Pvt. C. A. Jackson  
Pfc. J. N. Jelsema  
Pvt. C. L. Johnson  
Pvt. C. D. Juco  
Pvt. D. F. Katona  
Pfc. N. S. Keith  
Pvt. W. A. Keller  
Pvt. R. J. King  
Pvt. T. L. Lewis  
Pvt. C. D. Lopez-Montenegro  
Pvt. J. L. Maddox  
Pvt. M. R. McCauley  
Pvt. N. A. Milhalek  
Pfc. J. Montanez  
\*Pfc. J. E. Monzon-Romero  
Pvt. T. L. Moore  
Pvt. S. A. Mummert  
Pfc. D. D. Noel  
\*Pfc. P. T. Orr  
Pvt. A. J. Quarles  
\*Pfc. D. G. Reeder-Esparza  
Pvt. J. B. Rhodes  
Pfc. E. L. Richards  
Pvt. J. P. Rivas  
Pvt. J. Rocha-Ortiz  
Pfc. R. A. Rodriguez  
Pfc. D. A. Rogers  
Pfc. D. R. Rohwer  
Pfc. A. S. Russell  
Pfc. J. T. Ritz  
Pfc. D. Roders  
Pfc. O. M. Rodriguez  
Pvt. J. J. Rottella  
Pvt. E. M. Ruff  
Pfc. A. Salinas Jr.  
Pvt. B. D. Schaeffer  
Pvt. Z. R. Shave  
Pvt. S. S. Shigeishi  
Pvt. C. N. Slavin  
Pfc. N. C. Souza  
Pvt. J. P. Soward  
Pvt. V. K. Suarez  
Pvt. J. M. Thornton  
Pvt. A. D. Tolleson  
Pfc. C. L. Vavrecka  
Pvt. C. Velasquez  
Pfc. A. Vesquez  
Pvt. B. E. Warnhoff  
Pvt. J. R. Whited

## PLATOON 3276

*Senior Drill Instructor*  
Staff Sgt. M. B. Cannion  
*Drill Instructors*  
Staff Sgt. I. D. Diaz  
Staff Sgt. J. D. King  
Staff Sgt. M. A. Lopez

Pfc. M. J. Alcorta  
Pvt. J. J. Brown  
Pvt. C. R. Buttler-Stallworth  
Pfc. K. J. Cabedo  
Pfc. A. L. De Los Santos  
Pfc. C. A. Duque  
Pvt. E. E. Eikenberry  
Pvt. C. P. Evangelista Jr.  
Pvt. E. E. Freymuth

Pvt. S. P. Griffin  
Pvt. N. E. Hazelwonder  
Pvt. N. A. Head  
Pfc. C. L. Hill  
\*Pfc. S. A. Howington  
\*Pfc. J. F. Kuberski  
Pfc. B. I. Luke  
Pfc. P. P. Mauga Jr.  
Pvt. B. J. McCubbin  
\*Pfc. K. McGill  
Pvt. A. Modesitt  
Pfc. T. E. Oates Jr.  
Pvt. H. Passi  
Pvt. A. W. Raska  
Pvt. A. M. Rasmussen  
Pvt. N. O. Rettedal  
Pvt. A. J. Rodriguez  
Pvt. J. A. Rodriguez  
Pfc. S. E. Rodriguez  
Pvt. M. T. Ross  
Pvt. C. D. Rowe  
Pvt. D. I. Roybal  
\*Pfc. C. W. Russell  
Pfc. R. M. Sandoval  
Pvt. J. A. Sears  
Pvt. K. A. Seets  
Pvt. C. A. Sharp  
Pvt. T. L. Lewis  
Pvt. N. S. Sheppard  
Pvt. N. J. Shoemate  
Pvt. R. A. Simonson  
Pfc. C. M. Sizemore  
Pvt. J. R. Slaughter  
Pvt. A. E. Smith  
Pvt. G. D. Sorrell  
Pfc. D. D. Southworth  
Pvt. N. O. Spears  
Pfc. N. A. Spigarelli  
Pfc. S. L. Stacey  
Pfc. C. A. Stevenson  
Pvt. C. B. Stone  
Pfc. J. A. Stone  
Pvt. K. A. Strickfaden  
Pvt. M. W. Suhr  
Pvt. M. J. Sullivan  
Pfc. S. Sundara  
Pvt. B. L. Swart  
Pvt. R. N. Swindle  
\*Pfc. T. J. Taggart  
Pfc. M. I. Tan  
Pvt. T. R. Tanakatsubo  
Pfc. A.V. Telles  
Pvt. A. J. Threadgill  
Pvt. J. M. Thurman  
Pfc. D. A. Tomlin  
Pvt. C. L. Tracy  
Pvt. S. Trevino  
Pvt. S. A. Tucker  
Pfc. J. Tyler  
Pfc. N. M. Vagatai  
Pfc. E. E. Vanderwerff  
\*Pfc. E. J. Vik  
Pvt. M. B. Villaflores  
Pvt. B. A. Voorvart  
Pfc. J. L. Wagner  
Pvt. R. D. Wells  
Pvt. M. W. Whipple  
\*Pfc. C. R. Williams  
Pvt. J. D. Williams  
Pvt. J. M. Wilson  
Pfc. Y. Xiong

\*Denotes meritorious promotions





Michelle Guidroz, Hard Core Lift instructor, demonstrates the proper technique to maximize the workout. The Hard Core Lift class is scheduled for Tuesdays and Thursdays at 5:30 p.m. at the depot Field House. *Lance Cpl. Jose Nava/Chevron*



Eric Hough, computer scientist, Space and Naval Warfare Systems Command, squats during the Hard Core Lift class here at the depot's Field House. *Lance Cpl. Jose Nava/Chevron*

# Lifting for fitness

BY LANCE CPL. JOSE NAVA  
*Chevron Staff*

Hard Core Lift is a class that uses traditional weightlifting in a rhythmic and repetitious manner. "It is a total-body weight lifting workout that stimulates the core muscles," said instructor Michelle Guidroz. Guidroz said anyone can participate in the class even if they have any injuries that might prevent them from traditional weight training or other strenuous exercises. "If a person comes to the class and they have an injury that prevents them from

doing the exercise, there are alternative methods to work out those same muscles," said Guidroz. "It is my favorite class by far, and I always try to make it every chance I get," said Eric Hough, computer scientist, Space and Naval Warfare Systems Command. "I get more results from this class than I did from kick-boxing." "The class can help people get toned and feel good," said Guidroz. "Everyone can do it and everyone should try it." Classes are held Tuesdays and Thursdays at 5:30 p.m.



Chief Petty Officer Matt Nevens, Explosive Ordnance Disposal, Mobile Unit Three, U.S. Pacific Fleet, does a push-up during the Hard Core Lift class. *Lance Cpl. Jose Nava/Chevron*



The Hard Core Lift class allows military members, their families and civilian employees to participate. Class participants range from beginners to advanced weight lifters. *Lance Cpl. Jose Nava/Chevron*